

OMRON®

A Good Sense of Health

OMRON Pedometer

HJ-105

INSTRUCTION MANUAL

For Customer Service
Call Toll Free
1-800-634-4350



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OMRON HEALTHCARE, INC.
300 Lakeview Parkway
Vernon Hills, Illinois 60061
www.omronhealthcare.com

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HJ-105INST Rev

Thank you for purchasing the OMRON Pedometer.
Please read this instruction manual before using this unit
to ensure safe and correct use.
Please keep this instruction manual for future reference.

Safety Information

- The warning signs and the sample icons shown here are used to ensure safe and correct product use. Please review all icons and instructions to prevent injury and damage to the unit.



Warning

Indicates matters in which death or severe bodily injury may arise as a result of incorrect handling.



Caution

Indicates matters in which bodily harm or material damage* may arise as a result of incorrect handling.

*Material damage refers to a wide range of damage involving your house, household goods, domestic animals, or pets.

Examples of signs



The  sign indicates a caution (including warning). Matters involving actual caution are indicated by text or pictures in or near the  sign. The sign to the left refers to "caution for explosion".



The  sign indicates what you cannot do. Matters involving actual prohibitions are indicated by text or pictures in or near the  sign. The sign to the left refers to "Do not disassemble".



The  sign indicates something that must always be followed. Matters involving actual required actions are indicated by text or pictures in or near the  sign. The sign to the left refers to "general requirement".

Safety Information

Warning

- Consult your physician immediately if a battery is swallowed.
- Consult your physician before starting your exercise program.
- Keep the battery and the battery cover away from young children.



Caution

Do not disassemble or modify any part of the unit.



Do not throw the battery into a fire.



Safety Information

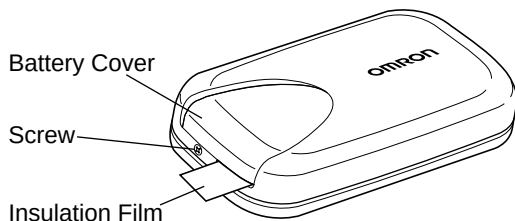
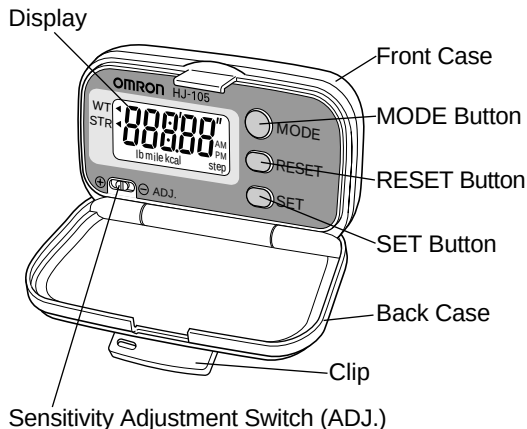
General Advice

- Do not subject the unit to severe shock.
- Do not force open the front or back case.
- Do not clean using thinner, alcohol or benzine.
- Avoid direct sunlight, dust, rain and humidity.

Features of the HJ-105

- Counts every step
- Measures distance traveled in miles
- Calculates calories burned
- Watch function - Time of day
- Sensitivity adjustment function

Feature Identification

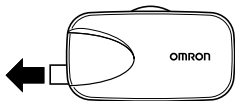


Initial Set Up

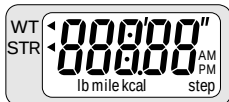
How to Turn on the Power

Remove the protective film from the face of the display.

The battery attached to this unit is insulated at the factory to prevent power waste.



Pull out insulation film in the direction of the arrow.



All displays will turn on for approximately 2 seconds.

Check to make sure all displays are turned on.

After all displays are turned on, the unit will proceed to the setting mode.

It is necessary to program the unit in the following order before using.

Time of day setting (Refer to page 7.)

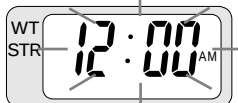
Weight setting (Refer to page 8.)

Stride length setting (Refer to page 9.)

Initial Set Up

Setting the Time of Day

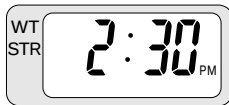
<Example: To set the time to 2:30 PM>



The default time setting of 12:00 AM is blinking.
During the time setting, the display is blinking.

Press the SET button and set the time.

- Hold the SET button to accelerate the time by 30 minutes.
- If you press the RESET button, the time display will return to 12:00 AM.



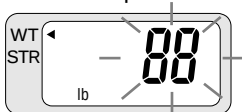
When the time of day setting is finished, make sure to press the MODE button. Once the time is set, the display changes to the weight setting.

Unless you press the MODE button, you cannot proceed to the next setting.

Initial Set Up

Setting Your Weight

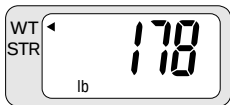
<Example: To set the weight to 178 lbs>



The default weight setting of 88 lbs is blinking.
During the weight setting, the display is blinking.

Press the SET button and set the weight.

- Hold the SET button to increase the weight by 10 lbs.
- If you press the RESET button, the weight display will return to 88 lbs.



When the setting is finished, press the MODE button. Once the weight is set, the display changes to the stride length setting.

If you do not operate the button for 10 seconds or more, the weight is fixed, and the display changes to the stride length setting.

Initial Set Up

Setting Your Stride Length

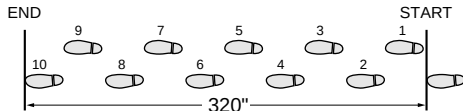
Measuring Your Stride Length

- 1) As illustrated, walk 10 steps with your normal stride.
- 2) Measure the distance from START to END in inches.
- 3) Calculate your stride length by dividing the total distance measured in 2, by 10.

Example:

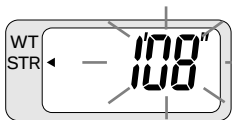
Total distance = 320"

$320" \div 10 = 32" = 2'08"$



Initial Set Up

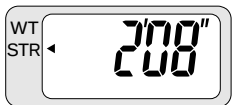
<Example: To set the stride length to 2'08">



The default stride length setting of 1'08" is blinking. During the setting, the display is blinking.

Press the SET button and set the stride length.

- Hold the SET button to increase the stride length by 4 inches.
- If you press the RESET button, the stride length display will return to 1'08".



When the setting is finished, press the MODE button.

If you do not operate the button for 10 seconds or more, the stride is fixed at the displayed value, and the display changes to step count mode.

If you want to start the setting over, change previously set values by referring to page 13.

Mode Change/Reset

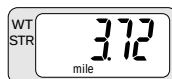
Each time you press the MODE button, the display will change.

Step count mode



If you keep pressing the RESET button for 1 second or more, the steps, distance, and calories are reset to zero.

Distance mode



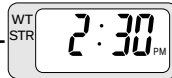
By pressing the SET button, you can adjust your stride length. (Refer to page 13.)

Calorie mode



By pressing the SET button, you can adjust your weight. (Refer to page 14.)

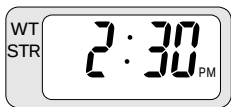
Time of Day mode



By pressing the SET button, you can adjust the time of day. (Refer to page 12.)

How to Change Your Setting

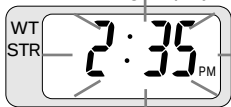
Time of Day Setting



- 1) Press the MODE button to go to the Time of Day mode.

- 2) Press the SET button. The time display appears and starts blinking.

Time setting display

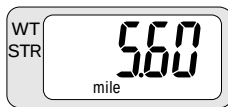


- 3) Press the SET button to change the time while the display is blinking.

- 4) When you finish, press the MODE button to exit.

How to Change Your Setting

Stride Length Setting



- 1) Press the MODE button to go to the Distance mode.

- 2) Press the SET button. The stride length display appears and starts blinking.

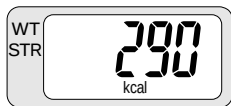
Stride length setting display



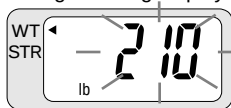
- 3) Press the SET button to change the value while the display is blinking.

- 4) When you finish, press the MODE button to exit.

Weight Setting



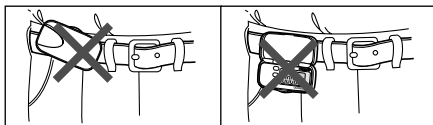
Weight setting display



- 1) Press the MODE button to go to the Calorie mode.
- 2) Press the SET button. The weight display appears and starts blinking.
- 3) Press the SET button to change the value while the display is blinking.
- 4) When you finish the setting, press the MODE button to exit.

Positioning the unit

- Attach the unit to your belt or to the top of your shorts or pants.
- The unit must be horizontal to the ground in order for the unit to function correctly.
- The case should be closed during use, and opened only to see readings. (The unit will not count steps if the case is open.)



The unit may not count steps correctly when you:

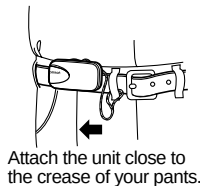
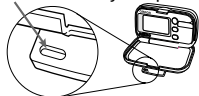
- Walk at an inconsistent pace, or in a crowded place
- Shuffle
- Wear sandals
- Vary your movements (play sports)
- Do up/down movements
- Use with the case open

How to use your unit

1. Press the MODE button to change to the step count mode. Press the RESET button and hold for 1 second or more to reset the counter to zero.
2. Close the front case and securely attach the unit to your belt or pants.

We recommend to use a strap through the hole and tie it to your belt to ensure you do not lose the unit.

Hole for "Safety Strap"



3. First, walk 100 steps and check if the number of steps is correct.



If there are any discrepancies between the actual number of steps and the step reading, adjust the sensitivity of the unit. Refer to "How to Adjust the Sensitivity" on page 17.

This unit can be adjusted to a +/- 5% accuracy rate (+/- 5 steps against 100 steps) when used on a level surface at an even pace by the Sensitivity Adjustment Switch (ADJ.).

How to adjust

- Attach the unit correctly and walk 100 steps.
- If the reading is 105 steps or more:

Slide the ADJ. Switch to the ⊖ direction.



- If the reading is 95 steps or less:

Slide the ADJ. Switch to the ⊕ direction.



General Advice

You may need to adjust the Sensitivity if you change your walking speed.

Calories Burned

The calories burned (kcal) is an approximate calculation from the energy consumed by walking or jogging, based on weight, stride length, steps, and walking speed of an individual.

Example of calorie display

By assuming: Weight 110 lb. Stride length 2'4".

	Steps per minute	Calories burned per minute
Walking	100 steps	Approx. 2.3 kcal
Jogging	150 steps	Approx. 3.8 kcal

The calories burned on this unit are calculated using an average 40 year old man or woman.

To calculate your calorie consumption based upon your age, multiply the displayed value by the number corresponding to your age in the chart to the right.

Calorie adjustment coefficient

Age	Male	Female
20s	1.10	1.07
30s	1.05	1.01
40s	1.02	0.97
50s	1.01	0.95
60s	1.00	0.95
70s	0.98	0.96
80s	0.95	0.95

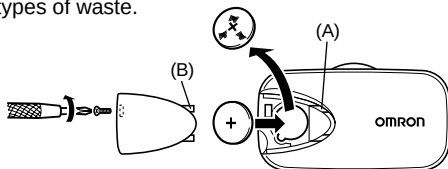
While metabolic rates may vary among users, this display reading will provide a general idea of energy used during walking.

Replacing the Battery

Replace the battery following the steps below when the display becomes weak. The life of the battery is approximately one year.

Note: When you replace the battery, all the data will return to the default settings. After you install the new battery refer to page 7 to 10 to set the time of day, your weight and your stride length again.

1. Remove the screw on the main unit with a Phillips screwdriver.
2. Remove the battery cover.
3. Replace the battery with a new LR43 battery. (Make sure the polarities are in the correct position.)
4. Replace the battery cover by matching the tab of the battery cover to the thread shown as (A), and insert (B).
5. Tighten the screw.
6. Keep the used battery away from child's reach.
7. Discard the used battery and separate from other types of waste.



Troubleshooting

When	Where to inspect	How to correct
Nothing is displayed or the display is weak.	Was the insulation film pulled out?	Refer to page 6, "How to Turn on the Power."
	Does the battery need replacing?	Replace the battery with a new LR43 battery. Refer to page 19.
The displayed values are different.	Is the unit attached correctly?	Refer to page 15.
	Are you walking with a consistent pace?	Always try to walk with a consistent pace and a certain rhythm. Refer to page 15.
	Is the ADJ. Switch positioned correctly?	Refer to page 17.

Customer Service
Toll Free 1-800-634-4350

Specifications

Model	OMRON Pedometer HJ-105
Power Supply	1.5 VDC (one LR43 battery)
Range	Number of steps: 0 to 99999 steps Calorie: 0 to 9999 kcal Walking distance: 0.00 to 999.99 miles
Setting range	Weight: 70 to 300 lbs Stride length: 1'00" to 8'00" Clock: 12:00 AM to 11:59 PM (average daily deviation of less than +/-3 sec.)
Operating temperature	14°F to 104°F (-10°C to +40°C)
Battery life	Approx. 1 year (with the use of an LR43 battery and 10,000 steps a day)
External dimensions	Approx. 2 1/2" x 1 2/5" x 4/5"
Weight	Approx. 0.8 oz including the battery
Accessories	Battery (one built-in LR43) Instruction Manual

The specifications are subject to change without prior notice.

(Limited One Year Warranty)

Your **HJ-105** Omron Pedometer is warranted to be free from manufacturing defects for a period of one year under normal use. The warranty extends only to the original retail purchaser.

The one year warranty excludes the battery.

Should repair be needed within the warranty period ship the unit with the proof of purchase date and \$5.00 for return shipping to:

OMRON HEALTHCARE, INC.

Attn: Repair Department

300 Lakeview Parkway
Vernon Hills, IL 60061

Be sure to include the model number and your phone number on any correspondence.

We will repair or replace (at our option) free of charge any parts necessary to correct defects in the materials or workmanship.

The above warranty is complete and exclusive. The warrantor expressly disclaims liability for incidental, special or consequential damages of any nature. (Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply.)

(Limited One Year Warranty)

Any implied warranties arising by operation of law shall be limited in duration to the term of this warranty. (Some states do not allow limitation on how long an implied warranty lasts so the above limitation may not apply.)

This warranty gives you specific legal rights and you may have other rights which vary from state to state.

For Customer Service

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1-800-634-4350